

**FREE
TASTER
SESSIONS!**

Want to try Mountain Biking but don't know where to start?

Join one of our FREE Taster Sessions during MENS HEALTH WEEK..

- 2 Hour Sessions led by qualified instructors
- Chose between 2 time slots
- Bike & Helmet Provided
- Open to age 16+
- Pre- Registration is essential. Limited Spaces Available



**Saturday
18th June**



10am or 1pm



**Ballyhoura Mountain
Bike Trails
V35H263**

